



Notes from the President

As always, I would first like to say thanks to our illustrious Board for giving of their time and talents to make our Foundation function like a well-oiled machine.

COVID-19 still basically defines how we all act and respond to situations. Our ability to interact and co-mingle is still being affected and probably will continue to be for a considerable amount of time, so it affects our ability to serve and help those in need. Lions Clubs are continuing to find new and innovative ways to meet, fundraise and serve the communities, and they continue to provide support for our foundation as well. Many thanks for their support.

Our Lions Eye Clinic and Inova had to find new and innovative ways to continue to serve those in need. They have done this and are now operating almost at full schedule thanks to the staff and volunteers. To the Clinic Volunteers and Permanent Staff, we salute you. To Inova Hospital, we are proud to be partnered with you. We will continue to look for Vision Care professional willing to volunteer their time to help those in need.

Thanks to the District Clubs for sponsoring the "Joe Lipomi" Scholastic grant applicants. Clubs this year were tasked with handing out the Grant Checks to the recipients, and they did it with "Pomp and Circumstance" that is unmatched. Even though the presentations were virtual, the interaction with the Grant Recipients and families were heartwarming. The Recipients and families were made to feel welcomed and included and most have expressed a desire to be involved with the clubs in some way going forward.

Thanks to the Scholastic Grant Committee for timely approval of qualified applicants and for going the extra mile to help those who sometimes struggle to properly complete the applications. They managed to approve all the eligible recipients and even found ways to help some who did not quite meet the guidelines but were truly in need. We also owe a vote of thanks to the Teachers of the Visually Impaired (TVIs) in our schools and to our District Sight Chair for helping to seek out those needy students who would otherwise be overlooked.

Thanks to the Low Vision Learning Centers and Prevention of Blindness Society of the Washington Metropolitan Area for continuing to maintain a high level of service to those that need it and for being actively involved with our organization. Your cooperation and assistance are of great value to us.

Thanks to our Board Officers for keeping me on track and pointed in the right direction.

Sincerely,
Ed "Woody" Woodard, PDG, President, VLEIF
email: Woodywoodard@cox.net Cell: 703-314-0889



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Important Links

[VLEIF](#)

[American Academy of Ophthalmology](#)

[Prevention of Blindness Society of Metropolitan Washington](#)

[Low Vision Services](#)



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March 17, 2021

TO: The Trustees
Virginia Lions Eye Institute

In conjunction with your meeting, we have provided a summary of the Foundation's portfolio based on market values as of February 28, 2021. In that regard, the following comments are offered:

- As shown below, total assets in the Virginia Lions Eye Foundation account were \$1,360,509 as of the end of February. Per the last Board meeting, the asset mix was updated in December 2020. The account is invested in a balanced manner using a target asset mix of 50% equities and 50% fixed income +/-15%. Currently, the portfolio holds approximately 63% in stocks with the remainder in fixed income and liquid balances. There are adequate cash balances available should there be any need for distributions.
- As indicated below, the portfolio generates annual income of \$39,524, representing a cash yield of 2.9% on market value of assets. In 2020, net distributions totaled \$286,000. Thus far in 2021, withdrawals total \$6,000, which is distributed quarterly to the Prevention of Blindness Society. Please advise should there be any near-term cash requirements.

PORTFOLIO SUMMARY

Virginia Lions Eye Institute
1006377

February 28, 2021

<u>Security Type</u>	<u>Pct Assets</u>	<u>Total Accrued Market Value</u>	<u>Projected Income</u>	<u>Current Yield</u>
U S Government Agencies	9.22	125,344.78	5,512.50	4.40
Corporate Bonds	26.61	364,458.86	14,728.75	4.08
Common Stocks	62.75	851,554.31	19,009.61	2.23
Money Market Funds	1.41	19,151.86	3.83	0.02
TOTAL PORTFOLIO	100.00	1,360,509.81	39,254.69	2.89

- In 2021, the stock market has broken out to all-time highs. Technology stocks have lagged as value stocks have led the market higher. Many of these value stocks are companies that will benefit from a return to "normal" thanks to the COVID-19 vaccine. Cypress clients have benefited from this change in market leadership and we expect this trend to continue.

- For 2020, the portfolio's total return was +6.6%, which underperformed a similar balanced index which posted 12.7% for the same timeframe. For the first two months of 2021, the portfolio's total return is +1.6% as compared to the 50E/50F benchmark of -0.5%.
- As 2020 came to a close, most economists believed US GDP contracted by 2% to 4% for the full year. After a sharp decline in the first half, the economy has risen smartly in the second half. Consumer spending has almost returned to levels seen before the pandemic, while personal incomes have rebounded and are above pre-Covid-19 levels, even after excluding fiscal support.
- The Fed has anchored short-term interest rates between 0%-0.25% for the last nine months. We do not expect that to change until at least 2022 as the US economy will continue to fight Covid-19 headwinds. The yield curve (10 yr. US Treasury yield minus 2 yr. US Treasury yield) has been rising nicely since last summer. It now stands at 140 basis points (1.4%). This is a good sign as it implies that stronger economic growth lies ahead.

Throughout 2020 and in the first part of this year, we continued to add to equities that offered good value and attractive dividend yields. We are overweight equities in the portfolio and are comfortable with the current weighting as we believe equities offer better value than fixed income at today's prices. If you have any questions, please do not hesitate to call our office. As always, we thank you for your continued confidence.

Respectfully submitted,

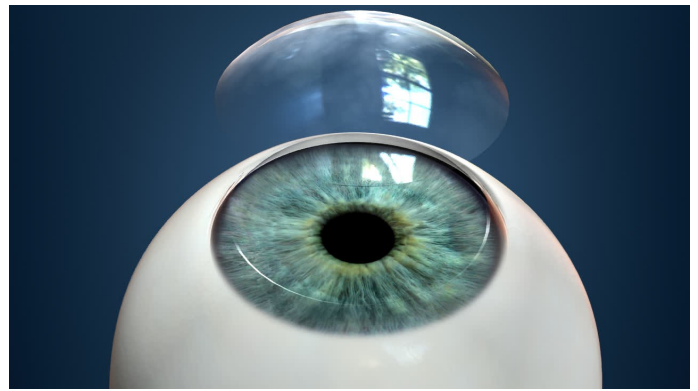


Kelly A. Wellborn, CFP®
President & Managing Executive



Raymond J. McCaffrey, CFA
Chief Investment Officer &
Managing Director

Got something to say or share? Send articles and photos to
VLEIF EyeWatch Editor Lion Beth Kelley at kelleyei@aol.com



Corneal Transplants Continue During Covid-19

Like the rest of the world, Old Dominion Eye Foundation was impacted when Covid-19 hit in March of 2020. But the good news is, despite shut downs and a global pandemic, ODEF was still able to provide the gift of sight to **444** individuals.

Since surgery centers were closed, we had to temporarily halt our operations. During this time, we were able to meet emergency needs that any of our surgeons had. We made adjustments to our operations and reopened slowly as the surgery centers were able to return to business.

We shifted all of our donor center operations to a remote setting. Which has provided us the opportunity to expand our pool of employees and will allow us to continue operations despite closures. Recovery technicians have always used sterile technique and wear personal protective equipment whenever they are in the hospital setting. They also follow any special protocols required by the facilities where we recover. All employees are able to perform their day to day duties while social distancing and wearing masks.

Our surgery schedule has been slow to return to normal, but we are seeing more patients added each month and are confident that vaccine distribution should help us see our schedule return to pre-Covid levels soon.

ODEF has been preparing our laboratory to be able to offer a new corneal preparation procedure. The Descemet's membrane endothelial keratoplasty (DMEK) is a partial thickness corneal transplant. Two layers of the donor's cornea are removed--the Descemet membrane and the endothelium are removed, rolled and placed into an inserter. After removing the damaged layers in a recipient, the surgeon will then use the inserter with the donor tissue and inject the tissue into the recipient's eye, unroll the tissue and place an air bubble that helps the layers adhere to the tissue. This procedure allows the eye's surface to remain intact and reduces the chance of infection. It also provides for faster visual recovery, and a lower rejection rate.

Being able to offer this new procedure will allow us to reach many other surgeons. We are in the final stages of lab preparation, then staff will be trained and we will be able to start offering this to our surgeons by the late spring.



Continued next page

Corneal Transplants Continue During Covid-19 *(continued)*

Although many individuals faced hardship this year, more than 114,000 Virginians registered their decision to give the gift of life and sight by joining Virginia's Donor Registry. Donate Life Virginia launched a campaign in 2020: A Second Chance Begins with a Second Glance. This campaign challenges Virginians to take a second glance at their driver's license. Are you a registered donor? A second glance could give a second chance to a patient in need of a transplant – giving them a second chance at life's everyday adventures. This campaign ran in the Hampton Roads and Richmond areas. Stay tuned, the expanded campaign will be running statewide in 2021. It will kick off during National Donate Life Month in April. Consider challenging your Lions Club Members to take a second glance at their license to see if they are a registered donor. If not, they can sign up at [DonateLifeVirginia.org](https://www.donatelifevirginia.org).

William Proctor
Executive Director/CEO
Old Dominion Eye Foundation, Inc.
(804) 560-7540

On the road.to success



Lion Davida Luehrs provided information about a Girl Scout Troop in Falls Church that is

involved with the Committee on Transportation to ensure that House Bill 1841 gets passed. This bill will provide standardized and much safer crosswalks for people with disabilities in either sight or mobility. The report from the Committee is due November 1, 2021. The Girl Scouts were able to attend a Zoom meeting of the Committee and see the legislative process up close. We applaud the efforts of these young people and hope the bill succeeds.



VIRGINIA HOUSE OF DELEGATES BILL NO. 1841

AMENDMENT IN THE NATURE OF A SUBSTITUTE

(Proposed by the House Committee on Transportation on January 21, 2021)

(Patron Prior to Substitute--Delegate Keam)

A BILL to direct the Department of Transportation to convene a working group to determine model policies for crosswalk design; report.

Be it enacted by the General Assembly of Virginia:

1. §1. *The Commissioner of Highways or his designee shall convene a working group with relevant stakeholders, including the Virginia Association of Counties and the Virginia Municipal League, to determine whether there should be model policies for crosswalk design and installation in the Commonwealth and, if so, establish recommendations for such model policies. Any such policies shall promote statewide uniformity, maximize pedestrian safety, and consider the needs of people with disabilities that impair sight or mobility. The working group shall monitor and provide input to the U.S. Department of Transportation and the Federal Highway Administration as updates to crosswalk designs in the Manual on Uniform Traffic Control Devices for Streets and Highways are considered. The working group shall submit to the Governor and the General Assembly a report on its findings and recommendations by November 1, 2021.*

March 20, 2021



Ben Shaberman

<https://youtu.be/acbnWofwLJA>

Ben Shaberman
Senior Director, Scientific Outreach

FIGHTING
BLINDNESS

The next FFB National Chapter webinar will be on May 22 at noon and will focus on clinical trials.

Contact Lion Davida Luehrs if you'd like to attend!

(703) 742-8043 (home)

(703) 819-8621 (cell)

davidaluehrs@gmail.com



<https://shopfightingblindness.org/>



by Lion Davida Luehrs

I have been a Lion since 2009 and as we have had the pleasure of connecting over the years , many of you have been aware of my journey of losing my vision. I am the face and voice representing fellow Lions in our District and world-wide dealing with vision loss. This is the story of many, not just me. When I was diagnosed, there was no way to know or predict the future if or when I would go blind. At the time I was told that

I would most likely always have “some sight” therefore we hoped that I would retain some functional vision. Two weeks ago, I visited NEI (National Eye Institute) to see the researcher that has been following me. His diagnosis at this visit was firm, he was now predicting that I will in fact go blind in the next five to ten years. It is a hard concept to process even though I knew for years it was a distinct possibility. The deep heartache hits you hard and then the questions follow, how am I going to manage, what do I need to do, what can I do to prepare? The thing I think I will miss the most is seeing the faces of my family, especially my grandkids. Our oldest, daughter Jessica and her husband Mark will welcome their first child soon in Okinawa (she and Mark are both in the Navy).

I do take great comfort in the vision friends, support groups and wonderful resources in our area that I know will be of help. I take comfort in the amazing sight-saving research that is underway and the progress that is being made to help our future generations. I beam with pride on how as Lions we help blind and visually-impaired students with our scholastic grant program. I will remain steadfast in my support for the Foundation Fighting Blindness, the leading organization worldwide spearheading this research. I will continue to help others, connecting them to resources and information that may be of help no matter where they live.

As Lions we must do what we can to help end blinding retinal diseases, it is a core mission of our organization connecting us back to the words of Helen Keller asking us to be the “Knights of the Blind”

Since 2010, our District has demonstrated significant leadership in our collective support of the annual Foundation Fighting Blindness No.Va VisionWalk, raising over \$150,000 for this critical research. The No.VA Chapter has grown and now includes Montgomery County and Washington DC. As the DC Metro chapter, we were so excited and were planning to hold the May 2021 VisionWalk at the Lincoln Memorial. To keep us all Covid safe however the Foundation’s 19 Spring VisionWalks around the country will join forces virtually on a national VisionWalk day, Saturday, June 12. I welcome any Lions, friends and family to join us to learn more about this event and because it is national, we can be inviting our Lions friends from around the country to join us.

Continued next page

What does the do?

The mission of the FFB is to fund research that will find cures and treatments to end all blinding retinal diseases. FFB is now celebrating its 50th anniversary and has a significant list of accomplishments:

- ♦ Largest nongovernmental, nonprofit funder of sight saving research worldwide
- ♦ Identified over 275 genes causing inherited retinal diseases so far
- ♦ Currently funding over 40 clinical trials, including for wet and dry age related macular degeneration, the leading cause of blindness for those over 55 in North America
- ♦ Currently providing free genetic testing nationally for those with IRD's
- ♦ Hosts over 40 chapters around the country to provide support, resources and helpful information to those dealing with vision loss
- ♦ Was an early funder of the first bionic eye Implant approved by the FDA in 2012 called the Argus II.
- ♦ Funded research that led to the 2018 FDA approval of the first gene therapy for any disease in the US. It has been a significant help to stopping the disease progression and restoring vision for those affected with the RPE54 gene.



VisionWalk 2021: How can we help?

Our District 24-L team is set up! Clubs can donate to that team, or form their own. If you would like help, please contact me and I will be glad to assist. We will raise funds until the Foundation's year end on

June 30. Walk shirts will be printed and any club donating \$500 will have their club listed on the back.

- ⇒ **To donate** to the District 24L team or to register as a virtual walker use this link: <https://give.fightingblindness.org/District24Lions>
- ⇒ **To register** as a **returning or new club team** <https://give.fightingblindness.org/DCMetroVisionWalk> or contact Kelsey Miller at kmiller@fightingblindness.org. Feel free to include me on that email so I also can be of assistance.

Checks should be made payable to Foundation Fighting Blindness (FFB) and should be mailed to Lion Davida Luehrs 11902 Winstead Lane, Reston VA 20194. You will get a tax deductible receipt from FFB. Collectively through our club and district team, friends and family donations we have raised at least \$25,000 annually for the last few years. I know Covid has dramatically affected many of our fundraisers. I hope that many small donations will help us still make a significant contribution to funding sight - saving research.

Stay tuned for more details as we kick things off! I thank you in advance for your time and consideration and for all that you do as Lions.

Yours in service,

Lion Davida Luehrs
District 24-L Sight Chair
(703) 742-8043 (home)
(703) 819-8621 (cell)



The coronavirus has overstayed its welcome and because of the pandemic restrictions, the much-anticipated annual February Virginia Lions Eye Institute Foundation event honoring the Joe Lipomi Merit Grant recipients was cancelled. This Scholarship is unique to District 24-L Northern Virginia. It was established to honor Joe Lipomi a “dedicated member of the Falls Church Lions Club, VA, who embraced a special commitment to work for the visually-impaired through various avenues”.

The Burke Lions Club did its best to be flexible and positive to celebrate the occasion; it opted to have a smaller program on February 13, 2021, to recognize and to congratulate the three awardees sponsored by the club. ZOOM, the “new normal” communications technology, brought together the recipients, Fairfax County Public School Teachers for the Visually Impaired, the families, guests, and Lions.

Bragging seems to be particularly unfitting these days in the wake of the pandemic but we Burke Lions have much to brag about our deserving recipients. Elma Ghairatmal is a freshman at Lake Braddock High School, Andrea Darmawan a freshman at Mary Washington University, and Amai Williamson another freshman at Northern Virginia Community College. Andrea is a Political Science major aspiring to hold an elected office someday. Elma is a talented young artist whose artwork has been featured in the VLEIF newsletter. Amai Williamson is a creative and quite imaginative artist majoring in Art Therapy. All three recipients have used their grants to purchase “gadgets” that have helped them in their schoolwork tremendously. See them on the next page of this newsletter!

What a year 2020 was! In 2021, we are looking ahead with cautious optimism, looking forward to new beginnings. LIONS CLUBS is not about us—it is about serving others—FOCUSED in SERVICE. Burke Lions are actively finding new ways and reinventing old ways of service projects and of fundraising. In the midst of this pandemic, Burke Lions Club is growing stronger in resolve, purpose, and mission.

This club keeps on **ROARING!**

Lion Jean Bradley
Secretary, Burke Lions Club

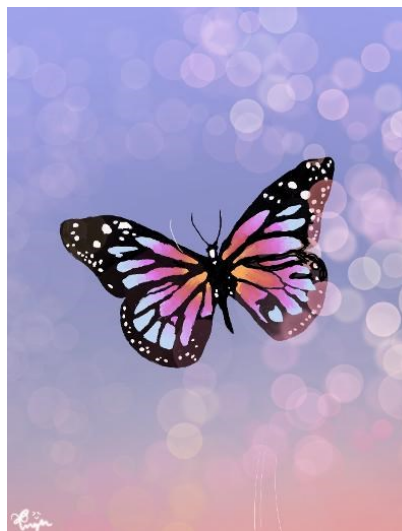




Andrea Darmawan
(see article next page)



Amai Williamson and her artwork



Elma Ghairatmal and her artwork

The GOOD We DO...

Sometimes we aren't able to see what programs such as the Joe Lipomi Scholarship Grant do for recipients. Lion Jean Bradley provided the following news article on Andrea Darmawan, a Joe Lipomi Scholarship recipient sponsored by the Burke Lions Club. The 19-year-old was unable to attend Boston's Emerson college (where she was accepted) due to COVID but quickly adjusted to the University of Mary Washington campus where she pursues her career in Political Science. Lions, keep looking for candidates for the Joe Lipomi Scholarship Grant!

One year later: College, coronavirus from Fairfax County grad's perspective

[Kate Ryan](#) | kryan@wtop.com

March 22, 2021

It's nearly a year after graduation ceremony hopes were dashed for students like 19-year-old Andrea Darmawan of Fairfax County, Virginia.

Last June, Darmawan, a graduate of Robinson Secondary School in Fairfax, [spoke to WTOP](#) about graduating during a pandemic. This spring, she talked to WTOP about college life as schools begin to reopen and vaccines become more widely available.

Now a freshman at the University of Mary Washington in Fredericksburg, Darmawan said she's happy to be able to attend in person, even as some of her classes split time between classroom and online instruction.

Darmawan, who is blind, said getting a feel for the layout of the campus was very important for her. Among the things that's made a difference for her is how friendly students and staff were. She says it's not uncommon for people to call out to her as she heads to classes.



Andrea Darmawan, 18, of Fairfax County, (Courtesy Andrea Darmawan)

This article was reprinted from WTOP News with the author's permission.

Stay Healthy



LOW VISION

Age-related eye issues are real. Here's how to manage them. *By Lambeth Hochwald*

If your eye doctor has just told you that you have age-related macular degeneration (AMD), you're not alone. AMD affects 2.1 million Americans over the age of 50. The good news is that treatments for the low-vision condition are continuing to improve. "AMD is a very treatable condition," says Rishi Singh, M.D., a retinal specialist and staff surgeon at the Cole Eye Institute at Cleveland Clinic.

To better understand what it's like to live with low vision, it helps to know that the eye disease affects the macula, the part of the retina that's in charge of the central vision you need to read or drive. The condition typically develops slowly and can occur in one eye or in both. It ultimately leads to blurry vision but won't progress to blindness or cause issues with your peripheral (side) sight.

AMD may run in families and is divided into two types: dry and wet, which is the more serious form. One

of the toughest things about AMD is that initially it can be asymptomatic, Singh says. It's only detectable—early on—via a comprehensive dilated eye exam where your ophthalmologist or optometrist will dilate your pupils. A noninvasive optical coherence tomography (OCT) scan may be recommended so your doctor can see the back of your eye.

No matter which form of AMD you have, as the disease progresses from dry to wet, you might experience the same symptoms, including blurring, vision distortion, waviness and overall vision changes.

Eye-Friendly Lifestyle Changes

One of the most important things to do if you've been diagnosed with AMD and you smoke is to quit immediately, Singh says.

Next, to help reduce the progression of the disease over time, amp up your intake of leafy green vegetables, and eat oily fish, such as salmon or sardines, once a week. (Any fish that is rich in omega-3s will do.) Getting regular exercise and maintaining healthy blood pressure and cholesterol levels will help too.

And while there has been a lot of focus on blue-light-blocking glasses, which filter the light your electronic

devices emit, they won't help your vision if you have AMD, Singh says. "What helps is to increase the contrast on your device or the projection of the light on any screen you're using."

It also may help to bump up your glasses prescription. Wearing glasses with prescription lenses that have a higher power or even using a magnifier can also work wonders to help people with low vision see better, Singh says.

Treatment Options

Dry AMD can be treated with an over-the-counter dietary supplement called AREDS (Age-Related Eye Disease Study) vitamins, a single pill made up of good-for-your-eyes vitamins C and E, zinc, copper, lutein and zeaxanthin, which may keep your low vision from progressing.

"We're waiting on even more treatments for dry AMD," Singh says. "There are a lot of drugs in trials right now, so there's lots to be excited about when we think of how to treat it in the future."

Wet AMD may require more aggressive treatment. You might visit your eye doctor as frequently as monthly for eye injections of medications that work to improve vision, Singh says.

"Depending on the patient, you may be able to see up to two to three more lines on an eye chart after an injection," Singh says. The improvement in vision usually lasts for as long as you keep doing your injections. "These injections will be part of your life forever," he says, "but you'll be able to see so much better after your treatments."

Visit Parade.com/eyes for seven foods that can help keep your eyes healthy as you age.



Optical coherence tomography scan

I'm sharing an email from Quicken that I received that has really great information about phishing — what it is, how to recognize it and how to keep from falling victim to it. Woody



Dear Woody,

Your security and privacy are important to us. We want to remind you of an increasingly common form of cyber-attack — **phishing**. Phishing attacks are widespread in our industry and we do not want you to be victimized.

Phishing is the fraudulent practice of sending emails that appear to be from a reputable company with the goal of getting you to share sensitive information. Often, the targeted information includes login credentials, credit card information, bank account details, or other personal information.

You may be less familiar with **spear-phishing**, which is a highly targeted form of phishing. Unlike a general phishing attack that casts a very wide net (sending generic, mass emails), a spear-phishing attack is personalized with specific details about the message's recipient.

Spear-phishing attackers may gather personal information from your social media accounts or the dark web to create messages that appear to come from trusted sources—like companies or even individuals that you know. They use these personal details to trick you into taking an action that could cause you to share even more personal information. Most frequently, the attacker suggests clicking a link or downloading software that contains malware or spyware which could compromise your personal and account information, potentially including financial and banking accounts.

Here are some tips to check if a Quicken email or text is legitimate

- Hover over the "from" address to see the full email address and make sure it is one you recognize and trust. Look for domain names that are slightly different or misspelled. For example, an attacker might send emails from domains like quicken.ml, quickenfinance.com, or possibly a slight misspelling like quickn.com. Our email and web links will **always** be from the "quicken.com" or "simplifimoney.com" domains.
- Our official support contact information is at quicken.com/support. If you get a call that you feel is suspect, offer to call them back at our support number found at quicken.com/support (650-250-1900).
- We will **never** ask you to send sensitive information such as passwords, bank account information, social security numbers, date of birth, or medical information in an email, chat session, or support call.
- We will **never** ask you to type your username or passwords into any website, outside of the "quicken.com" or "simplifimoney.com" websites, web apps, or within the Quicken software or Simplifi app.
- Be especially wary of attachments like .zip or .pdf and particularly of executable file types (like those that end in .EXE). If you do not know the sender personally, you should never download or click these attachments.

Continued next page

More ways to stay safe

- Do not click on links or attachments in emails or text messages from senders that you do not recognize. If you hover over a link in an email, you will be able to see the location where the link will take you. Often, a link is suspect if it is long, confusing, contains typos, or mentions domains you do not recognize.
- Do not provide sensitive personal information (like usernames and passwords) over email.
- Do not fall for messages that claim to be "urgent" or "time-sensitive". Often, scammers will try to scare you into sharing your personal information. Always take time to verify the identity of the requester and remember that Quicken and other reputable businesses will not ask you to provide sensitive information over email or over the phone.
- Pay attention to even seemingly harmless requests. A common ploy scammers use is emailing you a link to do something like change your account password. The link, in reality, will download malware or spyware.
- Do not open any document that you're not expecting to receive.
- If you can't tell if an email or text is legitimate, err on the side of caution and delete it. You can always call the business directly with any questions or concerns.

To learn more about phishing and keeping yourself safe:

- How to Recognize and Avoid Phishing Scams (Federal Trade Commission)
<https://www.consumer.ftc.gov/articles/how-recognize-and-avoid-phishing-scams>
- Protect yourself from Phishing (Microsoft)
<https://support.microsoft.com/en-us/windows/protect-yourself-from-phishing-0c7ea947-ba98-3bd9-7184-430e1f860a44>
- Scams & Fraud: Phishing (AARP)
<https://www.aarp.org/money/scams-fraud/info-2019/phishing.html>

Your security is important to us. If you ever have any questions, please call us at 650-250-1900.

Regards,



Pehr Lawson, VP Customer Care or The Quicken Team

Grant for Northern Virginia Students

The Virginia Lions Eye Institute Joe Lipomi Memorial Scholastic Grant is now available for visually impaired Northern Virginia full-time students. It may be used for assistive devices, educational/training expenses, and more.

Any visually impaired Northern Virginia resident that lives within the Lions District 24L may apply. This region includes Winchester to Charlottesville, Fredericksburg, and all of Northern Virginia. Individuals must be a Northern Virginia resident, full-time student and there is no financial or age qualification. Submission deadline is December 5. To request the application or for more information, email woodywoodard@cox.net or call (703) 314-0889.



At the awards presentation on Tuesday, I didn't really make it clear how truly grateful I was to the Lions' Club for awarding me the grant. With the money given to me, I can buy a bioptic, and get a driver's license. I'm extremely thankful to the Lion's Club

for allowing me this opportunity, and I will continue to look for opportunities with the Lion's Club in the future.

Sincerely & Thankfully,
Aleksander Ramseur



March 3, 2019
Dear Woody (and the Mason Neck chapter of Lions Club),
Thank you again for supporting Brian in his scholastic endeavors. He plans to attend NOVA Community College next fall and your contribution will help him on his way. It is comforting to know that there are such kind people in the community that care about others like the Lions. Perhaps one day I can contribute to the community beyond school bus driving?

My Sincere Thanks,
Erik Ailstock



This beautiful message of love was painted by NOVA team members during the COVID pandemic.

Dear W
Happy New Year! Thank you for all you do for Drove and the VLEIF. The enclosed is a small token of our appreciation.
As you would say -- Keep up the good work!"
Warmly,
Katie Coffe & Drove team

28 Jan. 2021



Podcast...
an episodic
series of spoken
word digital
audio files that
a user can
download to a
personal device
for easy listening.



As mentioned at the VLEIF meeting in March, the Prevention of Blindness (POB) Town Halls are now in podcast form. Below is Nick's note with information on the podcasts. Please subscribe (and remember this format can work with Alexa also)! Thank you, Nick!!!

Listen to the Prevention of Blindness Society of Metropolitan Washington's Event Replay Channel! The channel features recordings of our monthly Low Vision Town Hall Call-In Meetings, moderated by Suleiman Alibhai, O.D. We've recently added our recordings to all of the major podcast services, so you can listen on your favorite device!

Listen Now:

[Apple Podcast \(iPhone, iPad\)](#)

[Google Podcast \(Android\)](#)

[Spotify](#)

[Anchor.Fm](#) (Web-Based)

You can even use your **Amazon Alexa** (or Alexa-enabled device) to listen to the recordings with just your voice. Say: "**Alexa, play Prevention of Blindness Society of Metropolitan Washington podcast.**" Try it!

Lastly, **subscribe** to our channel on your favorite platform, and be sure to **rate us 5-stars!**



Caren Forsten

Executive Director

Prevention of Blindness Society of Metropolitan
Washington®

415 2nd Street N.E., Suite 200
Washington, DC 20002

**The VLEIF Board of Trustees
12 p.m. to 2 p.m.
Wednesday, March 17, 2021**

Discussions included the results of the 2020-2021 Audit, the Treasurer's Report and approval of the Budget, fundraising events, and Low Vision programs. Reports from the Foundation Fighting Blindness, MyEyeDoctor and Prevention of Blindness programs were provided. The Board discussed the possibility of in-person meetings, the Eyeglass Recycling Program, purchase of new, improved equipment, and research and scholastic grant programs.

**Low Vision Learning
Center
Information and Resource**



HOTLINE

(301) 951-4444

Hotline Hours

11 a.m. to 5 p.m.

**Monday, Tuesday,
Wednesday & Friday**

Wow – our
Lions Club has
lots of money
left in our
budget. What
should we do
with it?



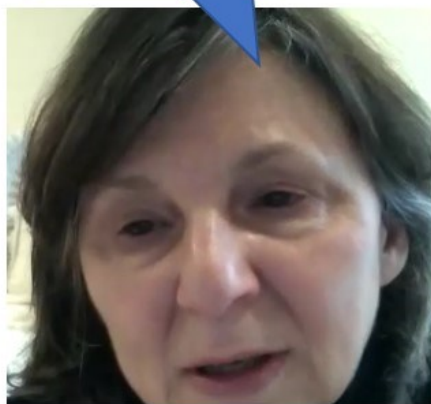
Donate to
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VLEIF!



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Donate to
VLEIF!



Aha!

VLEIF

Of course!
Why didn't I
think of that?
We'll donate
to VLEIF!

VLEIF
c/o Lion Sandy Armendaris
7623 Virginia Avenue
Falls Church, VA 22043-3202
CFC Designation #95254

PEDIATRIC EYE EXAMS AND ONE YEAR OF FOLLOW-UP CARE FOR UNINSURED/UNDER-INSURED CHILDREN

Includes Children who have lost their health insurance due to COVID-19

**Launching In:
Maryland, Washington DC and Northern Virginia
In October 2020**

All US children (citizens/legal residents under the age of 18) who are unable to access care because of socioeconomic circumstances.

The American Association for Pediatric Ophthalmologists and Strabismus members volunteer to provide care for children who do not have the financial resources or health insurance to see a physician.

Children who have failed a vision screening or are presenting some other vision issue will be prioritized.

If you know of a child who has failed a vision screening or is having issues with their vision, please ask them to visit allchildrensee.org and complete the on-line application.





Your Eyes



TODAY

In This Issue

**Eye-
Healthy
Foods: 3**

**Upcoming
Events: 4-5**

**Living with
Low Vision: 6**

**Taming
Technology:
7**

All About Eye Strain

The American Academy of Ophthalmology (AAO) recognizes March as Workplace Eye Wellness Month. With many of us now working from home, doing more virtual meetings and activities, and primarily working on a computer, this is a great time to learn more about eye strain!

Eye strain is something most of us have experienced. Your eyes could feel sore, tired, burning, watery, or dry. You may also experience headaches and blurred vision! Often, an underlying cause of our eye strain is using digital devices too often. We spend hours a day using digital devices for work, reading, writing, and viewing programs.

(Continued on page 2)

MARCH 2021

**Prevention of Blindness Society of Metropolitan Washington®
415 2nd Street NE, Suite 200, Washington, DC 20002**

(202) 234-1010 | www.youreyes.org | Facebook & Twitter: @youreyesdc

News & Updates

All About Eye Strain

Eye strain does not injure the eye and does not cause permanent damage, but it is worthwhile to use these tips to make simple changes when you are concentrating on a task to increase your eye comfort.

- **Blink more often!** It is the eye's way of keeping the eyes moisturized. People blink less when using devices.
- **Follow the 20-20-20 rule.** Every 20 minutes, look at something 20 feet away for 20 seconds.
- **Adjust your screen's brightness.** Some need brighter screens to see. However, experiment with brightness and different contrasts to find the best solution.
- **Reduce the glare.** Try to reposition your device to avoid glare, or consider using a matte screen filter.
- **Adjust your position at your computer.** Keep yourself at arm's-length distance and maintain a good posture as best you can.

Don't forget to take frequent breaks from digital devices.
Give your eyes a break!

To learn more about eye strain and how to prevent or reduce it, speak to your doctor, or visit eyesmart.org.

Taming Technology

Getting Around with Low Vision

By Nitesh Rathod

MetroAccess is a transportation program for those with vision impairment. MetroReady Travel Training can teach you how to safely and independently travel on MetroRail and MetroBus. For more information, call (202) 962-2703.

Free large-print MetroRail maps are available from any MetroRail Station Manager. Additionally, free large-print MetroBus route maps are available by calling the Metro Accessibility Office at (202) 962-1100.

For the Virginia Department of Rail and Public Transportation (DPRT), free large-print public transit schedules and route maps are available for the bus and rail systems by calling (804) 780-6794.

Some communities have volunteer ride-shares available for running errands or going to medical appointments. You can also talk to friends and family about assisting in your travel needs. Paid ride-sharing apps, such as Uber and Lyft, may also be helpful for you. Planning your trips ahead of time is the best way to save yourself time and frustration.

Call the POB Low Vision Resource and Information Hotline at (301) 951-4444 to learn more.



M'EYE CBEL - Letter



LETTRE D'INFORMATION SEMESTRIELLE N° 12 – octobre 2000

Page 1



CBEL goes to the third dimension, with the signing of the partnership agreement ! between the «VOIR & ENTENDRE» Foundation and CBEL

After the Electronic White Cane and the sound reader, CBEL entered the biotechnology era by signing on Wednesday September 16, 2000 a partnership agreement with the "VOIR & ENTENDRE"(SEE & HEAR) Foundation, which notably brings together the "Institut de la vision" and the Center Clinical investigation of 15-20 Hospital where is the Professor José-Alain SAHEL.

This agreement strengthens CBEL's links with eye vision research organizations and hospitals specializing in the fight against blindness. Indeed, the Vision Institute is, in Europe, one of the most important research centers on vision diseases in Europe. Designed as a meeting place and international exchange, it brings together on the site of the 15-20 Hospital, basic, clinical and industrial research in public-private partnership formulas.

The "Institut de la Vision" occupies more than 6,000 m2 and its 15 research teams (Sorbonne University - Inserm - CNRS) are working on various vision problems: imaging of the retina, AMD (age-related macular degeneration), glaucoma, diabetic retinopathies, retinitis pigmentosa, etc.

The Paris Observatory, the Institut Pasteur, the CHI Créteil, the Langevin Institute and the European Institute of Theoretical Neurosciences also participate in its various projects.

Alongside these teams, companies located in this Institute are also developing research projects in the field of vision with new drugs and new technologies. All these developments are available and exchanged between researchers and industrial partners and take advantage of the functional evaluation platform of the Clinical Investigation Center of the 15-20 Hospital

This agreement strengthens CBEL's links with eye vision research organizations and hospitals specializing in the fight against blindness

Today, more than 50 studies are currently underway in AMD, retinitis pigmentosa, diabetic retinopathies, retinal venous occlusions, artificial retina, glaucoma and high resolution imaging of the retina.

The scientists and clinicians of this Institute of Vision work in close collaboration with the Rothschild Ophthalmology Foundation, the Pitié-Salpêtrière Hospital and the CHI of Créteil.

The first request made by the "VOIR et ENTENDRE" (SEE & HEAR) Foundation to CBEL, concerns the purchase of a LEICA Cryostat needed by research teams to closely observe the tissues of the retina, the brain and other organs. Its price is 40,000 €.

CBEL has promised to find the necessary funds to purchase this device, which is becoming essential to carry out all this research in the fight against disabling diseases of the eye.

It is therefore a challenge that we face but that must be taken up with all the Lions good will.

We hope that, within a reasonable period of time, we will be able to make this contribution within the framework of the "fight against darkness" as Helene Keller wished.

Pierre Ponthus
Founding President
Electronic White Cane-Lions of France (CBEL)

CBEL: 78, avenue de Suffren - 75015 Paris Tél : 01 40 65 01 74 - Fax : 01 45 67 66 66 - e.mail : csdpp@wanadoo.fr
www.lions-france.org - Rédacteur en chef : Jean-Pierre Bottu



FOR TIRED EYES!

It's hard to avoid technology, especially during this past year and the pandemic. The truth is, exposure to blue light can affect our sleep patterns. It's not a **blue light** phenomenon, but instead a **screen** phenomenon. It's how we use our screens and how much time we spend using them that could be problematic.

Problems from screen exposure include eyestrain or fatigue, blurred vision, headache and dry, irritated, itchy or red eyes. It's time to give your eyes some tender loving care (TLC!). Some easy fixes can help:

- ⇒ Blink. Less blinking equals dry, irritated eyes.
- ⇒ Look away. The "20-20-20" rule suggests, "Look away from your screen every 20 minutes and focus on an object 20 feet away from you for at least 20 seconds."
- ⇒ Lubricate with eye drops.
- ⇒ Wear your glasses.
- ⇒ Avoid glare.
- ⇒ Distance yourself. Sit about 25 inches away from a screen and look slightly downward at it.

Yours in Lionism,
Lion Sheryl Bass
VLEIF District 24-L Representative



Board —
tremendous!
You are the ones
responsible. Thanks
for all you do!
Woody

January 26, 2021

Mr. Woody Woodward
c/o Sandy Armendaris
Virginia Lions Eye Institute Foundation
7623 Virginia Avenue
Falls Church, VA 22043-3202

Dear Mr. Woodward,

You are a very important part of our family. You play a key role – along with our researchers, physicians, nurses, healthcare professionals, team members and volunteers – in making Inova the place where so many patients and families turn for urgently needed care and support at the times when they need it the most.

Please extend our thanks to everyone in the Virginia Lions Eye Institute Foundation for your generous gift of \$60,000 to the Virginia Lion's Eye Clinic Fund. Your gift has a tremendous impact in ways you might not even imagine – making a significant difference to patients and families whose lives have been forever changed because of you and the gift you provided at a critical time.

Your generosity makes it possible for us to be there at each stage of the health care journey – from wellness to health screenings to inpatient clinical care to researching innovative new treatments — by providing the critical resources needed to save lives and invest in the best medical treatment, enhanced emergency services, neonatal intensive care services, groundbreaking research, and much more.

You have many choices on where you would like to make your gift. On behalf of the entire Inova family, we are honored that you choose to support us so that we may be there when our communities need our services the most.

Warmly,



Sage Bolte, PhD, LCSW, CST
Chief Philanthropy Officer and President
Inova Health Foundation

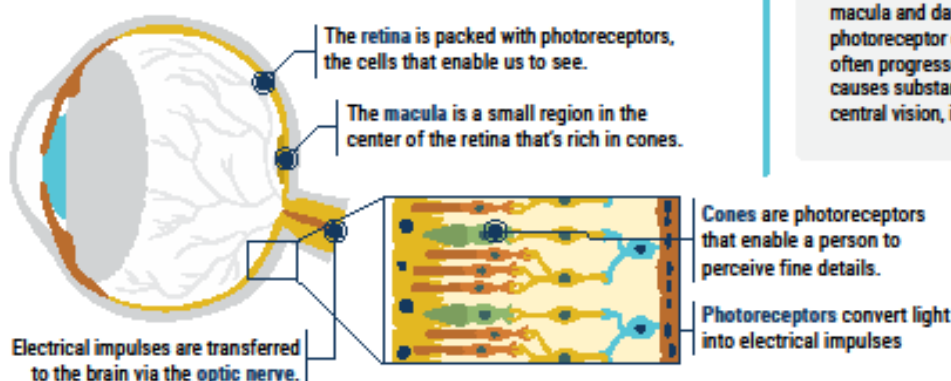
P.S. As a non-profit organization, we rely on gifts like yours to ensure we can be there when patients and families are in need. For questions please contact the main Foundation line at 703-289-2072.

Note: In compliance with Federal tax law, we also acknowledge that you received no goods or services in return for your gift. This receipt should be retained as substantiation of any charitable deduction.

WHAT YOU SHOULD KNOW ABOUT AGE-RELATED MACULAR DEGENERATION

WHAT IS AMD?

- ✓ Age-related macular degeneration, commonly referred to as AMD, is a retinal degenerative disease that causes a progressive loss of central vision.
- ✓ AMD is the most common cause of blindness in individuals over the age of 55 in developed countries.
- ✓ More than 10 million people in the United States have AMD.



Two types of AMD

Dry AMD: Most people with AMD start off with the dry form. In many cases, people will not experience vision loss from the condition. In some cases, dry AMD can progress and cause varying degrees of central vision loss.

Wet AMD: About 10-15 percent of people with dry AMD will develop the wet form. With wet AMD, abnormal blood vessels grow beneath the macula which leak blood and fluid into the macula and damage photoreceptor cells. Wet AMD often progresses rapidly and causes substantial loss of central vision, if left untreated.



INHERITANCE

Researchers have found several genes linked to AMD. However, people with low risk genetics can still get the condition. Likewise, people with high risk genetics may not get AMD.



Central vision loss from AMD occurs when cone photoreceptors in the macula degenerate.



In most cases, if one eye has AMD, the other eye has the condition or is at risk of developing it.

WHAT TO EXPECT WITH AMD:



Blurring of Central Vision



Straight lines appearing distorted or warped

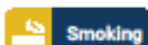


Blind spots forming within the central field of vision

RISK FACTORS:



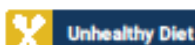
Aging



Smoking



Genetics



Unhealthy Diet



Unprotected Sunlight Exposure

TREATMENTS FOR AMD:



AREDS2 is an over-the-counter antioxidant supplement that can slow the progression of AMD intended for people who are at risk of developing more advanced forms of dry or wet AMD.

Several therapies are now available for the wet form of AMD. Most involve regular ocular injections to halt the growth of leaky, vision-robbing blood vessels. These include:

EYLEA™
(aflibercept)

Lucentis™
(ranibizumab)

Avastin®



To learn more about living with AMD, finding a specialist, genetic testing or clinical trials, visit FightingBlindness.org or call 888-332-3667.

WHAT YOU SHOULD KNOW ABOUT AGE-RELATED MACULAR DEGENERATION

ABOUT AGE-RELATED MACULAR DEGENERATION

Age-related macular degeneration, commonly referred to as AMD, is a retinal degenerative disease that causes a progressive loss of central vision. AMD is the most common cause of blindness in individuals over the age of 55 in developed countries. More than 10 million people in the United States have AMD.

The retina is packed with photoreceptors, the cells that enable us to see. Photoreceptors convert light into electrical impulses, which are transferred to the brain via the optic nerve and converted into the images we see. The macula is a small region in the center of the retina that's rich in cones, the photoreceptors that enable a person to perceive fine details (e.g., read, recognize faces), colors, and objects in daylight or lighted conditions. Central vision loss from AMD occurs when cone photoreceptors in the macula degenerate.

The greatest risk factors for AMD are aging and smoking. An unhealthy diet and unprotected sunlight exposure can also increase AMD risk. Genetics is also a risk factor.

DESCRIPTION

Age-related macular degeneration, or AMD, is the leading cause of blindness in people 55 and older in developed countries. The condition can lead to significant loss of central vision.

SYMPTOMS

People with AMD may first notice a blurring of central vision, especially during tasks such as reading or sewing. Also, straight lines may appear distorted or warped. As the disease progresses, blind spots may form within the central field of vision. In most cases, if one eye has AMD, the other eye has the condition or is at risk of developing it.

The extent of central vision loss varies and can depend on the type of AMD — dry or wet.

Most people with AMD start off with the dry form. In many cases, people will not experience vision loss from the condition. In some cases, dry AMD can progress and cause varying degrees of central vision loss. Advanced dry AMD is sometimes referred to as geographic atrophy.

The hallmark of dry AMD is the accumulation of tiny protein and fat deposits known as drusen underneath the retina. Many people have drusen, which do not affect vision. However, certain types of drusen may interfere with the health of the macula, causing progressive degeneration of the photoreceptor cells and vision loss.

About 10-15 percent of people with dry AMD will develop the wet form in one or both eyes. With wet AMD, abnormal blood vessels grow beneath the macula. These vessels leak blood and fluid into the macula and damage photoreceptor cells. Wet AMD often progresses rapidly and causes substantial loss of central vision, if left untreated.

INHERITANCE

Researchers have discovered that genetics can play a role in AMD risk. In 2005, three groups of researchers, including a team funded by the Foundation, discovered that a gene called Complement Factor H (CFH) is linked to at least 50 percent of all cases of AMD. Since that breakthrough, researchers have found several other genes linked to AMD. CFH and many of the other AMD genes are involved in the innate immune system, which fights off infection. Scientists believe that over activity of the innate immune system increases AMD risk.

While genetics can play a role in AMD risk, people with low risk genetics can still get the condition. Likewise, people with high risk genetics may not get AMD.

RESEARCH ADVANCES

AGE-RELATED MACULAR DEGENERATION

NUTRITIONAL SUPPLEMENT REDUCES RISK OF ADVANCED AMD

The Age-Related Eye Disease Study (AREDS) — a landmark investigation conducted by the National Eye Institute (NEI) — determined that antioxidant supplementation can slow the progression of AMD. The AREDS formulation is an over-the-counter antioxidant supplement recommended for people who are at risk of developing advanced forms of either dry or wet AMD. The formulation includes the antioxidants beta carotene, vitamin E, and vitamin C, as well as the nutrients zinc and copper.

The NEI recently completed a second AREDS study (AREDS2) to evaluate the potential benefits of the antioxidants lutein and zeaxanthin and the omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). The results of AREDS2 showed that DHA and EPA did not confer additional benefit in reducing AMD risk. The researchers from AREDS2 did recommend that beta carotene in the original formula be replaced with lutein, because beta carotene can increase lung cancer risk in current and former smokers. For more information on the AREDS2 study, visit www.areds2.org.

LUCENTIS™ PRESERVES VISION IN PEOPLE WITH WET AMD

Developed by Genentech, Lucentis is effective in reducing the risk of losing vision from the abnormal blood vessel growth under the retina associated with wet AMD. The drug was FDA approved in 2006. A two-year study showed that 95 percent of people with wet AMD who received

monthly injections of Lucentis experienced no significant loss in visual acuity. Genentech also reported moderate visual improvement in 24.8 percent of participants treated with a 0.3 mg dose of Lucentis and 33.8 percent of participants treated with a 0.5 mg dose. Genentech is reporting progress in the development of a device aimed at reducing the number of Lucentis injections required to inhibit wet AMD. The company is conducting a Phase II clinical trial for a sustained delivery device known as a port delivery system (PDS) is showing positive results for safety and the diffusion of Lucentis to affected areas of the retina. Investigators believe that the PDS can provide four months of therapy before needing to be refilled.

AVASTIN® USED OFF-LABEL TO TREAT WET AMD

A colorectal-cancer drug called Avastin® — a drug similar to Lucentis — has been used “off-label” by some ophthalmologists to treat wet AMD. The National Eye Institute conducted a clinical study of Avastin for the treatment of wet AMD to better determine the drug’s long-term safety and effectiveness. In the study, Avastin was compared to Lucentis. The two-year study showed that the drugs were similar in safety and efficacy.

EYLEA™ PRESERVES VISION IN WET AMD WITH FEWER INJECTIONS

Regeneron’s wet AMD treatment, Eylea, blocks the development of unhealthy blood vessels that lead to vision loss. Regeneron reports that in clinical trials, Eylea treated wet AMD as effectively as

Rev September 2020

FOUNDATION
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BLINDNESS**

To learn more about living with age-related macular degeneration, finding a retina specialist, genetic testing or clinical trials, visit FightingBlindness.org or call 888-332-3667.

(RESEARCH ADVANCES, CONTINUED)

Lucentis, but with fewer eye injections. Genentech, maker of Lucentis, recommends monthly injections of their treatment. Regeneron, maker of Eylea, reports that their therapy can be injected every eight weeks after monthly dosing for the first 12 weeks of treatment. Eylea was approved by the FDA in November 2011.

BEOVU REDUCES TREATMENT BURDEN FOR WET AMD PATIENTS

Beovu®, a treatment for wet age-related macular degeneration (AMD) newly approved by the US Food and Drug Administration (FDA), often provides similar vision benefits to Eylea® when administered every three months. Eylea is frequently administered every two months. Novartis, developer of the treatment, reports that 30 percent of patients receiving Beovu every three months in Phase 3 clinical trials gained at least 15 letters (3 lines on an eye chart) at year one. Patients in the trials also showed greater reduction in central subfield thickness (CST) than patients in the trials receiving Eylea. CST is an indicator of harmful fluid in the retinas of wet AMD patients.

VISION IMPROVEMENTS REPORTED IN EARLY STEM CELL TRIAL FOR WET AMD

Two patients with advanced wet age-related macular degeneration (AMD) in a Phase I clinical trial demonstrated improved visual acuity sustained for one year after a sheet of retinal pigment epithelial (RPE) cells derived from embryonic stem cells was transplanted under their

retinas. Each patient had one eye treated. Vision improvement for one patient was 29 letters or about 6 lines on an eye chart. The other had a gain of 21 letters or about 4 lines. Known as the London Project, the human study is taking place at Moorfields Eye Hospital in the UK.

RETINAL PATCH PERFORMS PROMISINGLY IN CLINICAL TRIAL FOR DRY AMD

Regenerative Patch Technologies, a company developing stem-cell-derived treatments for people with retinal diseases, has reported encouraging results for the first five patients with advanced, dry age-related macular degeneration (AMD) participating in a Phase 1/2a clinical trial for its therapy – a patch comprised of a layer of retinal pigment epithelial (RPE) cells on a synthetic scaffold. One patient in the trial had visual acuity improvement of 17 letters (about 3 lines on an eye chart) in her treated eye. Three patients had vision maintained in their treated eyes. Two had improved fixation. No evidence of safety issues with the treatment was observed.

APELLIS CONDUCTING PHASE 3 TRIAL FOR ADVANCED DRY AMD TREATMENT

The biopharmaceutical company Apellis is conducting a Phase 3 clinical trial program for APL-2, a compound designed to slow the progression of advanced dry age-related macular degeneration (AMD) also known as geographic atrophy (GA). In the Phase 2 clinical trial, monthly injections of APL-2 slowed the growth of GA lesions by 29 percent. GA lesions are the regions in

Rev September 2020

FOUNDATIONS
**FIGHTING
BLINDNESS**

To learn more about living with age-related macular degeneration, finding a retina specialist, genetic testing or clinical trials, visit FightingBlindness.org or call 888-332-3667.

RESEARCH ADVANCES

AGE-RELATED MACULAR DEGENERATION

(RESEARCH ADVANCES, CONTINUED)

the retina where loss of cells occurs. Cell loss correlates with vision loss.

GENENTECH'S PORT DELIVERY SYSTEM FOR WET AMD MEETS PRIMARY ENDPOINT IN PHASE 3 CLINICAL TRIAL

Genentech's Port Delivery System (PDS), a permanent, refillable implant the size of a rice grain, is being developed to provide continual delivery of an anti-VEGF treatment to the retina. In a Phase 3 clinical trial, a single PDS implant performed as effectively as six monthly injections of Lucentis® (an FDA-approved anti-VEGF therapy). The PDS continually delivered a customized formulation of Lucentis for six months without being refilled. The primary outcome measure for the Phase 3 clinical trial was change in best-corrected visual acuity (measured by reading letters on an eye chart).

May is Healthy Vision Month, and the National Eye Institute (NEI), National Institutes of Health (NIH), is shining a spotlight on the connection between your eye health and overall health. Learn more about protecting your vision - now and in the future.

Set yourself up for a lifetime of seeing your best with these tips:

- **Find an eye doctor you trust.** Many eye diseases do not have early symptoms, so you may have a problem and not know it. Eye exams can catch these problems early and prevent needless loss of sight.
- **Ask how often you need a dilated eye exam.** Your eye doctor will decide how often you need an exam based on your risk for eye diseases.
- **Add more physical activity to your day.** Movement can lower your risk for health conditions that can affect your vision, like diabetes. Going for regular walks is a great start!
- **If you smoke, make a plan to quit.** Quitting smoking can lower your chances of developing eye diseases like macular degeneration, cataracts, and more! Call **1-800-QUIT-NOW** for free support.
- **Stay on top of long-term health conditions.** Diabetes and high blood pressure can increase your risk for some eye diseases, like glaucoma. If you have conditions such as diabetes or high blood pressure, ask your doctor about steps you can take to manage your condition and lower your risk of vision loss.

To learn more, speak to your doctor, or visit [NEI's website](#).



Virginia Lions Eye Institute Foundation

1. The VLEIF Board would like to offer thanks to the Lions Clubs that sponsored and distributed Scholarship checks to our recent Grantees. Since I was invited to most of the presentations, I can assure you that the Recipients and Families were truly thankful, and most expressed a desire to become connected to the clubs in some way.
2. If you do not know what VLEIF does, please invite us to your Club/Region/Zone Meetings so we can inform you as to what we do and how we help those with vision-related issues. Due to the COVID restrictions, we will be happy to join you via Zoom until it is safe to meet in person.
3. Besides the Scholarship Grants, we also support the Lions Eye Clinic, and the Virginia Low Vision Learning Center in Alexandria. We fund research grants and we are also working to expand Low Vision Services in our District's realm.
4. Please check your communities for qualified scholarship grant applicants. Applications plus detailed instructions and requirements are featured on our VLEIF website (<http://vleif.org/>). Please send in applications as you get them; no need to wait for the December deadline. Please make it a point to get acquainted with the "Teachers of the Visually Impaired" (TVIs) in your local schools – they have the inside track to the students who could benefit from our Scholarships.
5. **ATTENTION CLUBS!**
We now have board approval and a budget set aside to assist clubs that may need help meeting the needs of people with vision-related problems trying to enhance the quality of their lives. We will work with the clubs to help when needed. This will be on a case-by-case basis as needed and within our budget constraints. All we ask is that your Club has (a) set a reasonable budget for eye care and exceeded it; (b) checked with Zone/Region Chairs to see if clubs in nearby areas can help. If your club has done this and still needs help, please contact us (letter, email or phone call). Our aim is to make sure that you can meet the needs of your communities.
6. Please consider including us in your budget. We are only able to do what we do because of donations by the clubs and individual Lions. We are a 501(c)(3) organization and part of the CFCNA, so giving is amazingly easy. Thanks to one and all for your support and we plan to continue trying to help those with vision-related problems improve their quality of life.

Sincerely, *Woody*
 Ed "Woody" Woodard, PDG, President
 VLEIF Board
 Cell: 703-314-0889 email: woodywoodard@cox.net

District Representative for VLEIF is:
 Lion Sheryl Bass
 Cell: 703-314-4278 email: s.l.bass@verizon.net

Recently, Gerald Thomas, an Independent Outreach Coordinator that works with 1800Contacts, emailed me about his work with 1800Contacts. He found VLEIF through our Links page and wanted to share an article they recently published. 1800Contacts provides tips and information about eye care, vision health and contacts. Since this piece provides good information on alerting parents, teacher and other persons in a child's life, we're including it in this edition of EyeWatch. Yours in Lionism, PDG Woody

7 warning signs your child may have a vision problem

1. Squinting
2. Head tilt or turn
3. Short attention span for reading or coloring
4. Clumsiness or poor hand –eye coordination
5. Covering one eye
6. Rubbing the eyes
7. Headaches

To read the entire article, click this [link](https://www.1800contacts.com/eyesociety/7-warning-signs-your-child-may-have-a-vision-problem/):

<https://www.1800contacts.com/eyesociety/7-warning-signs-your-child-may-have-a-vision-problem/>

At a glance: Low Vision

Low vision is a vision problem that makes it hard to do everyday activities. It can't be fixed with glasses, contact lenses, or other standard treatments like medicine or surgery.

You may have low vision if you can't see well enough to do things like reading, driving, recognizing people's faces, telling colors apart or seeing your TV or computer screen clearly.

Your doctor can check for low vision as part of a dilated eye exam. The exam is simple and painless. Your doctor will ask you to read letters that are up close and far away, and will check whether you can see things in the center and at the edges of your vision.

If your vision loss is minor, you may be able to make small changes to help yourself see better. You can do things like:

- Use brighter lights at home or work
- Wear anti-glare sunglasses
- Use a magnifying lens for reading and other up-close activities

If your vision loss is getting in the way of everyday activities, ask your eye doctor about vision rehabilitation. A specialist can help you learn how to live with your vision loss. This can include things like:

- Training on how to use a magnifying device for reading
- Guidance for setting up your home so you can move around easily
- Sharing resources to help you cope with your vision loss



DR. RICHARD A. FALLS RESEARCH GRANT VIRGINIA LIONS EYE INSTITUTE FOUNDATION

APPLICATION FOR GRANT

Our Mission Statement:

The Dr. Richard A. Falls Virginia Lions Eye Institute Foundation Grant seeks to support research that will contribute to the wider field of knowledge on eye disease with the goal of improving vision and eye health.

The application deadline is October 1 each year. Grants may range from \$500 to \$40,000 and are for one year, with the opportunity to re-apply for a second cycle. The funding level will be determined by the needs of the project and the number of competitive grants received in a given year as evaluated by the Grant Administrators. It is the expectation that the proposed research will be conducted according to the ethical standards and Institutional Review Board (IRB) obligations of the primary investigator's affiliated institution.

This application should be completed by the primary investigator applying for the Grant, including the separate attachments as described on the next page.

Completed application and supporting documents should be emailed to Dr. Alex Melamud at amelamud@rgw.com. For questions, please call him on (703) 698-9335.

Grant Administrators

Dr. Mark Falls

Dr. Sally Kenavan

Dr. Alex Melamud

RICHARD A. FALLS RESEARCH GRANT

DEADLINE FOR SUBMISSION: OCTOBER 1

All information to be completed by the Principle Investigator

Principle Investigator (PI) Name _____

PI Contact Information

Email _____

Phone _____

Address _____

PI's Affiliated Institution _____

Title of Research Project _____

Provide the following information as separate attachments to your application:

1. Cover Sheet
2. The Principle Investigator's *Curriculum Vitae*
3. A summary (500 words or less) of the proposed project, including the research question, background, and proposed methods. Include how the research supports the mission statement of the Virginia Lions Eye Institute Foundation (VLEIF).
4. The Principles Investigator's bibliography (limit to one printed page, 12-point font)
5. A budget to include all costs associated with conducting the research and plans to present the findings at a local or national conference.
6. A list of other current grants or funding for the proposed study

It is the expectation that any published results or any data presented will be shared with the VLEIF and that a summary of the status of the project will be submitted to the VLEIF at the end of the one-year grant cycle.

Optical Coherence Tomography (OCT) from ZEISS CIRRUS 6000



ZEISS CIRRUS 6000

www.zeiss.com/cirrus6000

Why OCT is one of the most critical diagnostic equipment used in ophthalmology practices

- To obtain high resolution cross-sectional images of the retina and optic nerves which help detect:
- the early onset of a variety of eye conditions and eye diseases such as:
 1. diabetic retinopathy
 2. macular degeneration and
 3. glaucoma and diabetic retinopathy and many more diseases (the top three diseases known to cause blindness)
- Unlike older models, the new model is designed to obtain non-dye injection angiography (high quality images of retina blood vessels) which also helps diagnose and treat many retinal diseases from early onset. Not having the need for intravenous dye injection **eliminates the risk of potentially life threatening reactions from the dye and saves time and space for our practice.**
- Our current OCT is over >15 years old, frequently breaks and costing us time and money during the repair period. The manufacturer would not even sale us a maintenance agreement because of its old age.
- Estimated cost: around \$60,000

inova.org



Lion Logo T-Shirts and Face Masks For Sale



All net proceeds go to help fund the Lions Participation in the
National Memorial Day Parade



Small - 3X-Large	\$12.00
*4X-Large – 5X-Large	\$14.00
Lion Logo Face Masks**	\$8.00
Ladies V-Neck Style T-Shirts Available	
Face Masks are reusable	



***Sizes 4XL & 5XL are in limited supply but can be special ordered.**

****Masks available with Large or Small Logo**

We will gladly fill and ship orders at cost of the T-Shirt plus Shipping. We will ship at the lowest rates possible. Orders over \$100 will ship free.

Our slight increase in Price (First in 12 Years) is due to increases in price from our suppliers.

Contact info: PDG Woody Woodard (24L)– woodywoodard@cox.net

PDG Don Beeson (22C)– donb798@gmail.com

Lion Mike Yuenger (24L)– myuenger@comcast.net

VDG Bill Lavelly (22C)– bwlavelly@verizon.net

Lion Bill Strauss (22W)– williamstrauss@msn.com

PID Joe Gaffigan (MD22)– pidjfg@gmail.com



Joe Lipomi Memorial SCHOLASTIC GRANT APPLICATION

Purpose: The Virginia Lions Eye Institute Joe Lipomi Memorial Scholastic Grants are given to qualified visually handicapped individuals and sponsored by individual Lions clubs of District 24-L. The overriding objectives of the grants are **to enhance the potential for the recipients to achieve an independent, self supporting life.** Grant dollars may be used for assistive devices, educational/training expenses, and other expenses associated with the objectives of the Grants and the recipients.

Qualifications:

- 1) **Visual acuity must be limited to 20/70 or less**, best corrected in the best eye or a binocular visual field of 30 degrees or less. Sight must be documented by an eye care professional (Ophthalmologist or Optometrist).
- 2) Sponsorship by a Lions Club with a recommendation by the sponsoring club. VLEI will find a sponsoring club if the applicant needs that service.
- 3) **The Grant Application must be accompanied by a separate Essay explaining why the grant is needed and how the funds will be used.** It is helpful if the applicants "introduce themselves" and describe their interests and objectives for the future. Other than 1) above, the Essay is the only information the Board of Trustees has to distinguish between applicants when the number of applications Exceed the annual budget for Grants. **First time applicants receive priority over applications from those who have received previous Grants.**

Required Personal Data (SSN may be ATTACHED on a plain sheet without name if desired)

Name: _____ SSN: _____

Address: _____ Phone: _____

Email _____
(Legible to be useful)

Visual Disability:

Visual acuity with best correction: Right eye _____ Left eye _____

Visual field (binocular) Degrees _____

Ophthalmologist/Optometrist evaluation with signature / phone (may be attached)

Sponsoring Lions Club: _____

Completed applications must be mailed to: VLEIF, C/O Sandi Armendaris, 7623 Virginia Avenue, Falls Church, VA 22043-3202, and **must arrive NLT December, 5th**. Approved applicants will be notified in late December. The grants will be presented at a venue determined by the Scholastic Grant Committee. Details will be announced when finalized. Questions should be sent via e-mail to: woodywoodard@cox.net (subject: Scholastic Grant) or call 703-314-0889

For more information on our mission to serve, visit our Website at: <http://vleif.org/>

NORTHERN VIRGINIA LIONS MOBILE SIGHT & HEARING SCREENING UNIT, Inc.

A 501(c)3 Corporation – CFC #37060

Since 1976, We are there when you need us!!!



Book us for Sight & Hearing Screenings:

24-Hour Van Scheduling – Lion Jim Alexander – Home: (540) 658-0469 Cell: (703) 475-1692

email: Vanscheduler@yahoo.com Check us out at: <http://24alionsmobilescreening.org/>

Our Van is funded by donations from Lions Clubs, Schools, Individuals and Corporations. Donations should be made payable to: Northern Virginia Lions Mobile Sight & Hearing Screening Unit” and mailed to: Treasurer Doug Cross, PDG, 13334 Fieldstone Way, Gainesville, VA 20155-6616

Book a Program for your Club:

Lion Jim Cech, District Chair (703) 680 2363 (jamesvcech@comcast.net)

To: All District 24-L Lions Clubs

1. Are you doing enough to help the Visually Impaired in your Communities??
2. Are you familiar with the TVIs (Teachers of the Visually Impaired) in the Schools in your communities??
3. Have you sponsored a student for the “Joe Lipomi” Scholastic Grant available through the VLEIF??
4. Do you know that VLEIF is willing to assist you in helping deserving and eligible individuals that need help due to vision impairment??
5. Do you know of any facilities or practitioners that are helping the visually impaired and have you shared this information??

The questions above should also be a part of your community-needs assessment. VLEIF is working to help you help others.

Woody

Ed “Woody” Woodard, PDG
VLEIF President

Woodywoodard@cox.net Ph: 703-314-0889

Inova Cares Lions Eye Clinic

The Inova Cares Lions Eye Clinic provides free comprehensive ophthalmic care, including laser, medical and surgical care for all types of conditions of the eye.

The clinic is supported by Inova as part of its Community Safety Net initiative and also receives annual support from the Virginia Lions Eye Institute Foundation. Established in 1974, the clinic currently provides more than 5,000 free visits to uninsured patients each year.



The clinic is open Monday through Friday and is located near Inova Fairfax Hospital. To qualify for clinic services, patients must meet Inova's Financial Assistance policy requirements and be referred by a local community safety net provider.

For more information about the Inova Lions Eye Clinic, visit <https://www.inova.org/inova-in-the-community/access-to-care>



Inova Cares Lions Eye Clinic
3299 Woodburn Road, Suite 150
Annandale, VA 22003
([Map and interactive directions](#))
[703-876-2700](tel:703-876-2700)

Free Clinics

Arlington Free Clinic	2921 11th Street South Arlington, VA 22204	703-979-1400
Prince William Free Clinic	13900 Church Hill Drive Woodbridge, VA 22191	703-499-9034
Loudoun Free Clinic	224-A Cornwall Street, NW Leesburg, VA 20176	703-779-5416
Fauquier Free Clinic	35 Rock Pointe Lane Warrenton, VA 20186	540-347-0394
Lloyd F Moss Free Clinic	1301 Sam Perry Boulevard Fredericksburg, VA 22401	540-741-1061
Free Clinic of Culpeper	610 Laurel Street, Suite 3 Culpeper, VA 22701	540-829-5032
Community Health Center of the Rappahannock Region	1965 Jefferson Davis Highway Fredericksburg, VA 22401	540-735-0560
Neighborhood Health	Multiple locations throughout Alexandria	703-535-5568
HealthWorks of Northern Virginia	163 Fort Evans Road NE Leesburg, VA 20176	703-443-2000
Greater Prince William Health Center	4379 Ridgewood Center Drive, Suite 102 Woodbridge, VA 22192	703-680-7950
Community Health Center of Elkton	800 Shenandoah Avenue, Suite 170 Elkton, VA 22827	540-298-9900

Search for free clinics by area/zip code:

<https://www.vafreeclinics.org/find-clinic/>

<https://vacommunityhealth.org/about-the-association/about-chcs/locations/>

Inova Fairfax Hospital's Financial Assistance (Charity Care) Policy (includes zip codes that are covered in this policy):

<https://www.inova.org/upload/docs/Patients%20and%20Visitors/Fin-Help/English/eng-policy-fin-asst.pdf>